

# Mint (pudina)

Mint, also known as Pudina in Hindi, is a fragrant herb that is commonly used in Indian cooking. It is also used in herbal teas, medicines, and cosmetics. Growing mint in your kitchen garden can be a great way to add fresh flavor to your food while also enjoying the benefits of this medicinal herb.

Characteristics	Description
Name	Mint (Pudina)
Scientific name	Mentha spicata
Nutrition	Rich in Vitamin C, A and minerals like Calcium, Iron, and Magnesium.
Months / season it's grown	Can be grown throughout the year in India, but it grows best in the cooler months of October to February.
Weeks it takes to grow	Mint takes around 6-8 weeks to grow from seed to maturity.
Harvest per plant in kgs	On average, one mature mint plant can yield up to 500 grams of fresh leaves per year.

## List of varieties that can be grown in India

There are several varieties of mint that can be grown in India, including peppermint, spearmint, and apple mint. Peppermint is the most commonly grown variety and is known for its strong, menthol flavor.

# **Which season/months it can be grown in India**

Mint can be grown throughout the year in India, but it grows best during the cooler months, from October to February.

## **Soil conditions and temperature needed**

Mint grows best in well-draining soil that is rich in organic matter. It prefers a slightly acidic soil with a pH range of 6.0 to 7.0. Mint also prefers a shaded area with indirect sunlight. The ideal temperature range for growing mint is between 18°C to 27°C.

## **Caring in different weeks**

Week 1-2: After planting the mint, it is important to keep the soil moist. You can water it lightly once a day or as needed. It is also important to avoid overwatering as this can cause the plant to wilt.

Week 3-4: As the mint plant starts to grow, you can start adding a balanced fertilizer to the soil to promote healthy growth. It is also important to weed the area around the plant regularly to prevent competition for nutrients.

Week 5-6: By this time, the mint plant should be well-established. You can continue to water it regularly and add fertilizer once a month. It is important to prune the plant regularly to promote new growth and prevent it from becoming too woody.

## **Harvest time**

Mint can be harvested throughout the year as needed. You can pick the leaves as soon as they are big enough to use in your cooking. It is important to harvest the leaves regularly to promote new growth.

## **Nutrition in the fruit**

Mint leaves are a rich source of antioxidants and have anti-inflammatory properties. They are also high in vitamins and minerals, including vitamin C, vitamin A, calcium, and iron.

## **How much can one harvest from a small kitchen garden?**

You can harvest around 150-200 grams of mint leaves from a single plant. This can be enough to add flavor to several dishes and can be a great addition to your kitchen garden.

## **Conclusion**

Growing mint in your kitchen garden is a great way to add fresh flavor to your cooking while also enjoying the benefits of this medicinal herb. With the right soil conditions, temperature, and care, you can easily grow mint in your own backyard.